DOCUMENT RESUME

ED 422 556 CG 028 668

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TITLE	Becoming a Helper. Third Edition.
ISBN	ISBN-0-534-34794-0
PUB DATE	1998-00-00
NOTE	376p.
AVAILABLE FROM	Brooks/Cole Publishing Company, 511 Forest Lodge Rd., Pacific Grove, CA 93950; toll-free phone: 800-354-9706; World Wide Web: http://www.brookscole.com; email: info@brookscole.com ($37.95).
PUB TYPE	Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	Coping; Counseling Techniques; *Counselor Client Relationship; *Counselor Role; *Counselor Training; Counselors; Ethics; *Helping Relationship; Mental Health Workers; Therapy; Values

ABSTRACT

The problems involved in becoming an effective helper and the personal difficulties of working with others are addressed. A discussion of motivations for seeking a career in the helping professions is followed by an overview of the helping process. Chapter topics include: (1) "Are the Helping Professions for You?"; (2) "Getting the Most from Your Education and Training"; (3) "Stages in the Helping Process"; (4) "Common Concerns of Beginning Helpers"; (5) "Ethical Issues Facing Helpers"; (6) "Values and the Helping Relationship"; (7) "Cultural Diversity in the Helping Professions"; (8) "Working in the Community"; (9) "Working with Groups"; (10) "Working with the Family"; (11) "Understanding Life Transitions"; (12) "Stress and Burnout"; (13) "The Challenge of Retaining Your Vitality." Written in a very direct, personal style, the work is intended as a guide for the student or beginning counselor. Each chapter begins with focus questions and ends with a review and the question, "What will you do now?" A list of topics that have been revised and expanded from earlier editions is included in the preface. A guide to professional organizations and an instructor's resource manual are included. (EMK)

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